

# High-Five for First 5 Program

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The First 5 Commission of San Diego County and AIS are looking for a few good hands....for rocking, pats on the back, guiding, lifting up and wiping away things that can get on small faces.

The commission's goal is to assist children ages 5 and younger prepare for a lifetime of learning. Who better to show them the way than folks who have a lifetime of learning to share?

The First 5 Commission was created in 1998 after voters passed the California Children and Families Act (Proposition 10), which allows the state to collect increased tobacco taxes and give it to counties to promote early childhood development.

This year, San Diego's commission is funding 11 programs that incorporate older adult volunteers into their plans. Senior volunteers will help the preschoolers learn to read, others will tap into their own experiences raising a family to aid new parents. There is a program geared to assist kids who are disabled or have special needs. Another has older adults helping both the children and families traumatized by domestic violence and/or homelessness.

"These innovative intergenerational programs connect young children and their families to seniors actively seeking ways to give back to their communities," says Supervisor Greg Cox, chair of the First 5 Commission in 2003, who secured \$4 million to fund intergenerational programs countywide for the next three years. "This connection works

to the benefit of everyone involved -- allowing our seniors to use their wisdom and maturity to help families prepare San Diego County's youngest children to reach their greatest potential in school and in life."

Many seniors have as great a need to teach as the kids do to be taught. And older adults often express a desire to give back to the community in a meaningful way. Helping several kids get a better start in life is quite a legacy.

The First 5 intergenerational programs officially kicked off last month and volunteers are needed now. Volunteers must be age 55 or older, and be able to devote 15 hours a week. This is quite a commitment; the children benefit from consistent attention and that requires regular participation.

Training is provided. There is a stipend to help defray travel and other expenses. Volunteers who serve 15 hours a week will receive \$225 a month; those who donate 20 hours a week will receive \$300 a month. A limited number of programs allow the volunteers to complete the 60 to 80 hours over two months.

Here is a brief description of the programs:

**Alpha of San Diego, Inc.:** Seniors for Tots is a vision-screening program for children from birth to age 5 and an educational program for teachers, parents, and caregivers regarding the critical need to screen for vision deficiencies. Senior mentors will assist in training, case management and

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**VISIT THE AIS GALLERY -- MEMBERS OF ASSOCIATED SENIOR ARTISTS OF SAN DIEGO, A NONPROFIT GROUP OF MATURE ARTISTS, HAVE SOME OF THEIR WORK ON DISPLAY ON THE SECOND FLOOR HALLWAYS OF OUR HAZARD WAY BUILDING. THE ART IS ON SALE, WITH PROFITS GOING TO THE ARTISTS. THE PAINTINGS AND PHOTOGRAPHS WILL BE ROTATED EVERY THREE MONTHS.**



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educational programs for the children and their families.

**Bayside Community Center:** Seniors will read to children, and promote literacy and a love of learning in low-income children in the Linda Vista community

**Casa de Amparo:** Seniors will provide assistance in the classroom, work directly with the children, and accompany children to their counseling appointments.

**Grossmont Cuyamaca Community College District:** Senior mentors at the Child Development Center will volunteer for one of three different areas: literacy building, parent support, and support for children age 5 and younger with disabilities and other special needs.

**International Rescue Committee:** The First Things First program serves the special needs of preschool age refugee children and their mothers by emphasizing socialization, linguistic development, tuning fine and gross motor skills, and cognitive skills in age appropriate classrooms.

**Jewish Family Service of San Diego:** The Wisdom Alliance is a home visiting program for low-income Hispanic families with 1 to 3 year olds. Senior mentors visiting the families will engage in play sessions with the parent(s) and child(ren) using a Parent-Child Home Program curriculum.

**Neighborhood House Association:** The Generation A to Z project will provide enhanced literacy services to special needs children and other Head Start children through senior volunteers.

**St. Clare's Home:** The Intergenerational Learning Program will increase learning and reading readiness of children by enriching their daycare experience and educating their mothers on how to better prepare their children for school

**South Bay Community Services:** Senior mentors will be trained to work with children and their families who have been traumatized by domestic violence and/or homelessness, and they will work with a child development specialist to provide parenting classes and play groups on-site.

**YMCA Childcare Resource Services:** Services offered include consultation, resources, and referrals regarding health and behavioral concerns.

**YMCA Youth & Family Services:** The Kinship Support Services Program works with kinship families providing critical assistance to help keep families together. The program offers support and resources to families, ensuring children ages 5 and younger remain with relatives and out of the formal foster care system.

For more information about the First 5 intergenerational programs and/or to sign up as a participant, contact our Call Center at **(800) 510-2020**. ▲

## REGISTER FOR 2004 AGING SUMMIT!

Don't miss Harvard psychiatrist George Vaillant, Pratt Institute's Marvin Waldman and Cornell University's Phyllis Moen, our speakers for the next Aging Summit on April 19 at the San Diego Concourse in downtown San Diego. You'll learn about the components of aging well, plus how to promote a positive image of aging.

Cost for the daylong program is \$20; \$10 for seniors age 60+, students and disabled persons. To register, call **(800) 827-4277**.

AIS thanks our major sponsor: AARP!

# HONORING



## RETIRED AND SENIOR VOLUNTEER PROGRAM

### NEW LOGO FOR RSVP

This new RSVP logo shows our relationship with Senior Corps, a program of the Corporation for National and Community Service (CNCS). CNCS provides opportunities for Americans of all ages and backgrounds to serve their communities and country through three programs: Senior Corps, AmeriCorps, and Learn and Serve America. Working with national and community nonprofits, faith-based groups, schools, and local agencies, the Corporation engages more than two million Americans each year in meeting critical needs in education, the environment, public safety, homeland security, and other areas.

The three programs of Senior Corps are Foster Grandparents, Senior Companions, and the Retired and Senior Volunteer Program (RSVP). RSVP is grateful for our CNCS sponsorship, and also our local sponsor, the County of San Diego Aging & Independence Services.

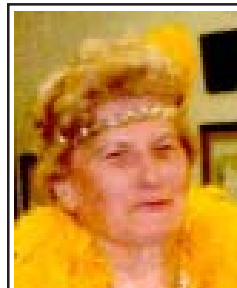


**READ/San Diego** needs volunteers throughout the county (particularly in North County) to assist adults with basic literacy. Tutoring typically takes place at a local branch library or other community site.

**Foster Family Assistance Program** in El Cajon needs volunteers to assist foster families with transportation and respite care. Training will be provided.

### VOLUNTEER OF THE MONTH

Beverly Roush, our RSVP Volunteer of the Month, was nominated by Rosemary Favale of the Parasol Strutters.



**BEVERLY ROUSH**

Beverly is a center aide at Norman Park Center in Chula Vista. She is also involved in numerous other volunteer activities, including the Olympic Training Center, Interfaith Shelter Network, Sharp Chula Vista Hospital Auxiliary, Parasol Strutters, and is very active in her church. Congratulations, Beverly, and many thanks. Your efforts truly make a difference in the South Bay.

### VOLUNTEER OPPORTUNITIES

Public, nonprofit and health agencies throughout the county continue to look for volunteers to help meet community needs. Potential volunteers can call RSVP at **(858) 505-6399** for more information on our most recent opportunities:

**La Mesa-Spring Valley School District** needs volunteer mentors for its new academic mentoring program "Project M.A.T.C.H."

**Senior Volunteer Patrols** throughout the county continue to seek volunteers. Call RSVP for specific contact information for your community.

**Bayview Charities** in Encanto/Valencia Park area needs tutors and activity leaders for its K-6 academic enrichment and recreational programs.

**Burn Institute** in Kearny Mesa needs office support volunteers.

**Survivors of Torture International** needs a volunteer to take minutes during board of directors meetings.

### IN MEMORIAM

Robert B. Smith, a long-time volunteer with the Rancho Bernardo (RB) Retired Senior Volunteer Patrol unit of the San Diego Police Department, died on Dec. 29. In 1992, Bob founded and became the administrator of the RB group. Since then, Bob gave almost 20,000 hours of service to the San Diego Police Department (SDPD).

His honors include a Commanding Officer's Citation from SDPD, a special commendation from San Diego City Council, a Police Department Exceptional Performance Citation, and the Channel 10 Leadership Award. He was inducted into the Rancho Bernardo Hall of Fame in 2001. Mayor Dick Murphy proclaimed October 27, 2003 as "Bob Smith Day" in his honor.

Bob Smith served his family, his community and his country with dignity. We will miss him, and always remember this outstanding RSVP volunteer and leader.



## 'IN FOCUS' RADIO SHOW HIGHLIGHTS

**T**une in to our radio program "In Focus," at 6 p.m. each Monday on KPOP-1360 AM, and stay on top of the news for older adults, disabled persons, caregivers and others. Here are future shows:

**March 8:** The Importance of Leisure Activities.

**March 15:** Compulsive Behavior.

**March 22:** Voice and swallowing difficulties.

**March 29:** Managing chronic pulmonary problems.

**April 5:** Surviving cancer.

**April 12:** Information for family caregivers.

The program welcomes sponsors. Contact Marie Brown-Mercadel at (858) 495-5769 if your organization or business might be interested in being an "In Focus" sponsor. ♣

## CHANGES FOR IHSS CONTRACT

**O**ur In-Home Supportive Services contract with Addus HealthCare will end Aug. 31. Addus was staffing home care services for about 2,500 consumers. The Board of Supervisors decided not to continue with a contract mode of services in this county. Instead all IHSS consumers will use individual providers that they hire, train, supervise and can fire on their own. The consumers using Addus would be able to continue with same provider if that Addus worker wishes to become an individual provider, or consumers can be referred to the Public Authority Registry to be matched with an individual provider.

The county will soon be releasing a request for proposal (RFP) for an urgent services contract. The awardee(s) of the contract would provide home care services for IHSS consumers whose regular works misses work, leaving the consumer in danger of hospitalization or creating some other health emergency. The urgent services contract will be in place by the time contract with Addus ends. The new service would be available for consumers all hours/all days, including weekends. ♣

## LONG TERM CARE INTEGRATION UPDATE

**T**he next Long Term Care Integration Project (LTCIP) Planning Committee meeting will be from 10:30 a.m. to noon on Tuesday, March 9, at the County's North Central building (Conference Room), 8965 Balboa Ave., San Diego 92123. The group plans to kick-off the LTCIP Community Education Workgroup and discuss the Mental Health & Substance Abuse Workgroup recommendations.

For details on the meeting or for more information: (858) 495-5428 or evalyn.greb@sdcounty.ca.gov. ♣



**KNOWING YOUR MEDICATIONS -- PHARMACISTS FROM THROUGHOUT THE COUNTY VOLUNTEERED TO ASSIST SENIORS REVIEW THEIR MEDICATIONS FOR POSSIBLE NEGATIVE DRUG-DRUG INTERACTIONS, PLUS TO REMIND THEM OF THE BEST WAYS TO TAKE THEIR PILLS. THE EVENT WAS MEET THE PHARMACIST DAY, ORIGINATED BY KGTV-TV CHANNEL 10 TROUBLESHOOTER MARTI EMERALD. AIS'S HEALTH PROMOTIONS TEAM HELPED LOCATE PHARMACISTS, PLUS HANDED OUT OUR VIALS OF LIFE.**

## SPEAKERS ON SCAMS AVAILABLE

**T**he San Diego Better Business Bureau has a speakers bureau with volunteers who will speak for free to organizations about the latest consumer scams and frauds. The speakers will help consumers recognize the signs of scams.

To schedule a presentation, contact Jenna Gaspar at the BBB office, (858) 637-6199, ext. 320. ♣

## BECOME A SENIOR LEGISLATOR

**T**here's still time to apply to be a member of the California Senior Legislature (CSL), a nonpartisan, volunteer organization made up of 120 elected members. The 40 Senior Senators and 80 Senior Assemblymembers are elected by their peers to represent seniors throughout the State.

Each October, the CSL meets in Sacramento to convene a model legislative session in the chambers and hearing rooms of the State Capitol. Senior Legislators seek state lawmakers to author at least 10 of the session's priority proposals. They then work to ensure adoption of these measures.

Deadline for applying is March 15. Interested persons age 60 and older can pick up an application packet at the AIS office, 9335 Hazard Way in the Kearny Mesa Area. Applicants must collect 40 signatures. For more information about CSL, see the Web site: [www.4csl.org](http://www.4csl.org). ♣

## **SEND IN YOUR ITEMS**

This monthly calendar welcomes your contributions. Just send items by the 10th of each month preceding the issue date to: Denise G. Nelesen, editor, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123-1222. Or fax to: (858) 495-5080. Or you can email to [denise.nelesen@sdcounty.ca.gov](mailto:denise.nelesen@sdcounty.ca.gov).

### **MARCH 11, THURSDAY, 1:30 TO 3:30 P.M.**

A free training on reporting elder abuse will be held at the HHSA North Coastal Center, 1701 Mission Ave., Oceanside. To RSVP, call **(760) 754-5945**.

### **MARCH 11, THURSDAY 5:30 TO 7 P.M.**

"Optimizing Your Health: Strategies for Preventing Disease," will be presented at the West Auditorium of Scripps Mercy Hospital. Family practitioner Dr. Sunita Shailam will discuss the benefits of lifestyle based approaches in preventing disease. To register, call **(800) 727-4777**.

### **MARCH 18, THURSDAY, 9:30 TO 11 A.M.**

Do you live with dizziness or imbalance? Learn about this problem and what you can do about it at a free lecture from physical therapist Matthew Cook at the Sharp Cabrillo Medical Staff Conference Room, 3475 Kenyon St., San Diego. Registration is required: call **(800) 827-4277**.

### **MARCH 18, THURSDAY 6 TO 8 P.M.**

The Alzheimer's Association will

present a workshop, "Alzheimer's: Beginning to Cope," at the East County office, 1068 Broadway, Suite 207, El Cajon. This is an overview session for family and professional caregivers and/or individuals recently diagnosed with Alzheimer's disease. To register, call **(619) 588-7111**.

### **MARCH 20, SATURDAY 8:30 A.M.**

Property auction through AIS's Public Administrator/Public Guardian's office will be held at the PA/PG warehouse, 5201-A Ruffin Road in the Kearny Mesa area. The auction includes vehicles, jewelry, tools, electronics, and many more items. A sample of the auction items will be on the Web site: [www.papg.org](http://www.papg.org). For more information, call **(858) 694-3500**.

### **MARCH 25, THURSDAY 9 TO 11 A.M.**

Project CARE health and information fair will be held at St. Mark's Church in San Marcos. Call **(760) 941-0140** for more information.

### **MARCH 27-28, SAT & SUN 11:30 A.M. TO 4 P.M.**

The Taka Sumi-e Society's annual art exhibit will be held at the Casa del Prado in Balboa Park, Room 101. Sumi-e is the ancient art of Japanese brush painting. Members of the society will display original works and present a free fashion show of handpainted "wearable art." For more information, call Takashi Ijichi at **(619) 255-2501**.

### **MARCH 31**

Deadline for entries in the second annual "Write Your Memoir" contest,

sponsored by Sherry Tucker, author of "A Lifetime of Cherished Memories: How to Preserve Your Family History." The theme for this year is "someone who made a difference in my life." There is no fee to enter; and there will be prizes for winners. Stories will be judged on content and should be no more than 1,000 words. For more information, see the Web site: [www.yourmemories.net](http://www.yourmemories.net), or call toll free at **(877) 640-8477**.

### **APRIL 2, FRIDAY 10 A.M. TO 3 P.M.**

"The Road to Recovery," a conference on the most effective interventions for mental illness, will be held at Tom Ham's Lighthouse, 2150 Harbor Island Dr., San Diego. The conference is being sponsored by the San Diego Psychological Association and the Friends of Mental Health. One of the speakers will be psychologist Hugh Pates, who will discuss "Prevention and Recovery for the Elderly: A Life and Death Challenge." Registration deadline is March 30. Cost is \$25, or \$35 for 3 CEUs for MFTs and LCSWs. For more information or to register, call **(619) 297-4825**.

## **ADVISORY COUNCIL**

The general meeting of the Aging & Independence Services Advisory Council is scheduled for 1 p.m. Monday, March 8, at Aging & Independence Services, 9335 Hazard Way, Kearny Mesa. Meetings are open to the public.

## **CA SENIOR LEGISLATURE**

The San Diego CSL meets at 10 a.m. on the second Monday of the month at AIS. To confirm, call **(760) 749-8311**.